

# Conditions of Pre-Pain in The Gastrointestinal Tract

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Received: 📅 April 26, 2023

Published: 📅 May 11, 2023

## Abstract

It is necessary to introduce new methods of treatment. Differential diagnosis of pre-pain conditions:

a) Large intestine (active from 5 to 7 hours): Flatulence, unstable stool (then diarrhea, then obstipation), abdominal pain, bad breath, hemorrhoids, memory degradation, defects of the anus mucosa (cracks).

b) Stomach (active from 7 to 9 o'clock): Appetite disorders, epigastric pain, headaches, temperature jumps, psychosomatic diarrhea.

c) Spleen and pancreas (active from 9 to 11 o'clock): Drowsiness during the day, memory problems, loss of self-control, it's hard to walk for a long time, gaze at one-point, unstable appetite, the desire for sweets, connective tissue defects (organ prolapse, myopathy).

d) Small intestine (active from 13 to 15 hours): Difficulties with turning the head from shoulder to shoulder, double chin, aching algia in the lower abdomen, algia in the throat, algia in the forearm (from shoulder to elbow), neck muscle tension, acne in the mouth or on the lips, heaviness or sharp algia in the chest, feeling the heat, sweating.

Gallbladder (active from 23 hours to 1 night): Pale earthy face, bitterness in the mouth, algia in the right hypochondrium, algia in the sides, cardialgia, algia and the feeling of compression, head and chin, hot feet of the feet, chills, sweating, swelling of the glands under the arms, algia in the femoral, knee and other joints, liver (active from 1 to 3 nights), dry throat, hepatology, inability to bend or bend backwards, gray complexion, algia in the upper part of the right shoulder blade (right shoulder).

**Keywords:** Gastrointestinal tract; abdominal pain; gallbladder; flatulence

## Introduction

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### Differential Diagnosis of Pre-Pain Conditions in the Gastrointestinal Tract

It can be seen from the tests that some signs (the author, 2001) are not specific, i.e., they are characteristic of several diseases, therefore a set of symptoms is necessary. The criterion for evaluating the methods is the mathematical method in % terms of + (pluses) and - (minuses), which the subjects put on the tests. All symptoms are taken as 100%, then the number of advantages of the subjects is summed up and the proportion is made according to their number:

- a) 100% - the total number of symptoms.
- b)  $x\%$  is the number of signs in the subjects, we get the number of % of symptoms in the subject.
- c) 20-30 % of signs - denosis.
- d) 30-60 %- signs - non-specific premorbid.
- e) 60-90% of signs are premorbid specific (stage before acute pathology).

These conditions were identified [1] because a differential diagnosis of pre-illness conditions is proposed, since it is possible to distinguish in what condition the patient is in: for example, a specific premorbid for stomach diseases, a donosis for small intestine disease, or it can be expressed as follows - stage 1, stage 2, stage 3 conditions for the pre-disease of a particular department of the gastrointestinal tract (the same criteria for other nosologies - see the chapters). If we take into account the energy system of the human body, then in general, we can say that at a young age problem are more often associated with hyperfunction of the gastrointestinal tract, and after 35 years - as a rule - with hypofunction (I also have such studies). This diagnosis is easy to handle and can be reproduced in the simplest conditions. Of course, I use the geography of the language, the condition of the skin and mucous membranes, risk factors for other diseases, human biorhythms, but the basis is the differential diagnosis of pre-illness conditions, both in somatic and in the psyche.

### General Prevention of Diseases of the Gastrointestinal Tract

In fact, an empty stomach does not affect the feeling of hunger in any way. A person experiences this feeling only when there are not enough certain nutrients in the blood. At the same time, the part of the brain that is commonly called the "hunger center" receives a signal about this. It is this hunger center that regulates the work of the stomach. When there are enough nutrients in the blood, the

hunger center slows down the work of the stomach and intestines. Accordingly, when a shortage of these substances is detected in the blood, it activates the work of these organs. As a result, we sometimes hear the "rumbling" of our stomach. As a more visual confirmation of the myth of an empty stomach, one can cite the fact that during illness a person, as a rule, does not feel hungry, despite the fact that his stomach is completely empty. You have probably also noticed that the feeling of hunger does not disappear if, for example, you saturate your stomach with fruit alone. At the same time, you still want to eat. This means that our appetite makes sure that we do not satisfy our hunger with any one food. This would harm the body, because monotonous food does not contain enough nutrients that it needs.

### Elimination of the Causes of Stomach Diseases

#### Experiences on an empty stomach

Antidote: working stocks of dietary products. Make sure that you always have to hand, even at work, 200-gram packages of long-term milk or non-acid kefir and a box of white homemade crackers or crackers. Before any exciting event, have a snack in advance. There is no time to go to lunch - the same supplies will come to the rescue.

#### Abundant food or long breaks between meals

Antidote: 4-5 meals a day in small portions. In the morning - a dessert plate of oatmeal porridge, a soft-boiled egg and a cup of coffee or a glass of cream. For an amateur! Try not to eat dairy and catechin tea together! The second breakfast is a fruit salad seasoned with sweet yogurt. Lunch - half a plate of cauliflower soup, veal chop and half a glass of freshly squeezed carrot juice. Afternoon snack - compote of fresh sweet berries or fruits. Dinner - boiled fish of fatty varieties with new potatoes (no more than 150/100 g), two-thirds of a glass of bifidumbacterin, beefy - ryazhenka. At night - a glass of hot or warm milk.

#### Lack of mucus lining the stomach

Antidote: dishes containing vegetable mucus. It is released when boiling oatmeal, barley, rice, barley groats. Start the day with milk oatmeal from hercules flakes. Add wheat germ flakes to the finished hot porridge.

Then you can afford any salad of raw vegetables or fruits, because vegetable mucus has strengthened the protective barrier of the stomach. Tomatoes contain quite a lot of irritating mucous substances, but they can be eaten if they are ripe and non-acidic, for example, the "bull's heart" variety. In vegetable soups, also add cereals, then even pickled soup will not hurt the stomach.

#### Increased acidity of gastric juice

Antidote: dishes that bind excess acid - soft-boiled eggs, meat and fish, milk. Excellent cheeses serve this purpose - Adyge, Suzdal, brie, camembert, as well as processed light cheese. But a real therapeutic dish is considered to be unleavened cottage cheese, which in early autumn it is desirable to include in the menu 2-3 times a week. The recipe is simple: half a liter of kefir is added

to a liter of freshly boiled milk. After cooling, they are thrown on a sieve or cheesecloth – and the cottage cheese is ready. Instead of kefir, add fermented milk calcium, which can be purchased at a pharmacy: 1 teaspoon without a top per liter of boiled milk. The cottage cheese obtained in this way enriches the body with calcium, preventing the development of osteoporosis [2].

### Sour vegetables, fruits and berries

Antidote: zucchini, squash, zucchini, pumpkin. These vegetables can serve as an excellent side dish for fish and meat dishes. Protein products together with vegetables are better absorbed, the cell membranes of vegetables remove excess cholesterol contained in meat and especially in the so-called offal. Zucchini stuffed with meat and baked in sour cream are both healthy and delicious. And here are the vegetables that should be avoided: radish, radish, turnip, horseradish, wild cherry. Raw onions and garlic should be treated very carefully. You can add onion rings scalded with boiling water to the salad. Mashed garlic can be seasoned with this or that dish just for the smell, in homeopathic doses. Apples should be chosen mainly sweet varieties - golden. Nectarines, sweet plums and peaches are good.

### Negative emotions

Antidote: vent your emotions. After a vacation, an influx of urgent matters and work experiences can put anyone out of action. To adapt to the “new” conditions gradually, develop defensive tactics. By the way, this will help prevent the exacerbation of ulcers. According to statistics, many patients experienced troubles during the one or two months preceding the manifestations of ulcers, they often experienced anger and irritation, which had to be suppressed. How to protect yourself from negative emotions? A French tableware company has made a batch of very cheap cups and saucers... specifically for breaking during quarrels. People who tend to “explode” in traumatic situations, and then quickly forget about the cause of anger and direct energy to more pleasant things, usually have excellent health, psychologists say. Don't curb your anger, don't be afraid of trouble. Do not hesitate to pronounce, “cry in a vest.” One French psychologist even invited his patients to write letters to him with a detailed description of their complaints. So, the patients got the most important thing – the opportunity to speak out. And, of course, more often “organize” holidays for yourself and your neighbors, small joys. Drive away worries and sad thoughts from yourself, remember the “golden days” of your spring more often, and the blessed autumn will bring you joy and peace.

If you have a hard-working day behind you, take a bath at a comfortable temperature, adding sea salt or decoctions of medicinal herbs to the water: lemon balm, chamomile, birch leaf, pine needles: 2 tablespoons of herbs bring to a boil in 3 liters of hot water, insist and strain before adding to the bath. Statistics show that 70% of ulcers have seriously affected teeth. Problems in the blood supply system and nutrition of the gastric mucosa are accompanied by similar problems in the nutrition of teeth. Careful chewing of food is difficult, and insufficiently crushed food mass

irritates the stomach. A gentle wiped diet, which is resorted to for stomach pains, in turn adversely affects the condition of the teeth. A vicious circle is formed, which can be broken only if the stomach is actively treated, and the teeth are put in order.

If an exacerbation has overtaken. In the acute period of the disease, with severe stomach pain, doctors recommend the most sparing diet. It is usually enough to observe it for two or three days to relieve pain. In the first days, the food should be fractional, every two hours in small portions. Breakfast: A soft-boiled egg. It is better to choose eggs in the supermarket, marked “Class A, European quality”. You can also make a steamed omelet from the same eggs. In addition to the egg – a glass of milk without bread. The second breakfast is in 2 hours. Cottage cheese factory-made from non-acid cottage cheese whipped into a foam and a glass of milk. Dinner: Slimy milk soup. For the second – steamed meat souffle without garnish. Jelly made from non-acidic berries, fruits or from ready-made juice (blueberry, pumpkin, carrot, non-acid apple). Afternoon snack: In two hours. Broth of rosehip or wheat bran, milk. Snack: Two more hours later. Cottage: cheese unleavened homemade, half a cup of milk. Supper: Soft-boiled egg, semolina milk or oatmeal porridge. For the night: A glass of milk, cottage cheese. Neither bread nor crackers are included in the diet!

Usually, on the second or third day of such a diet, provided that modern medications are taken carefully, pain in the epigastric region, heartburn, nausea and belching are significantly reduced.

Products undesirable for consumption:

- a) Meat and meat products. Especially all, without exception, sausages. There are no dietary sausages, they are even worse than ordinary meat.
- b) Animal types of fats. Margarine; artificial fats of any type and any advertising.
- c) Sugar and products containing it (in any form).
- d) Completely abandon all types of salt for the duration of treatment, even therapeutic: iodized, sea salt.
- e) Exclude stimulating artificial foods and drinks: coffee, cocoa, Coca-Cola, Pepsi-Cola, etc., etc. Artificial drinks of all currently advertised types. Use, in limited quantities, mineral waters such as “Borjomi”, “Essentuki”.
- f) Water from the plumbing. Replace it with “protium” and herbal teas (from the same) recommended above.
- g) All fried foods of all kinds (not to be confused with stewing in its own juice).
- h) All smoked products, including dried fruits.
- i) All canned foods, including vegetables, fruits, meat, fish, etc., etc.
- j) All pickled vegetables with salt cabbage, cucumbers, tomatoes, apples, watermelons, etc.
- k) All kinds of milk and dairy products. With the exception of freshly soured (today's) natural milk (not pasteurized).

- l) Fish in any form herring, salted, smoked. (You can, only rarely, sea products stewed with vegetables).
- m) Boiled eggs, fried eggs. (Occasionally you can drink a raw yolk, lightly whipping it with a small amount of rustic milk (preferably goat's milk).
- n) Everything made from white, refined flour of the highest quality bread, loaf, muffin, pasta, vermicelli, spaghetti, etc. (You can, limited, bread made from coarse flour without thermophilic yeast).
- o) Cakes, pastries, cookies, that is, all muffins and other sweets.
- p) All stimulating seasonings: vinegar, mayonnaise, adjika, hot tomatoes, pepper, etc
- q) Exclude smoking and alcohol consumption.
- r) Limit (or exclude altogether) medicines as much as possible.
- s) Eliminate excessive physical exertion, very cold-water procedures, fast running.
- t) Sausages and ham contribute to stomach cancer: The consumption of processed meat products, in particular bacon, sausages, sausages and ham increase the risk of developing stomach cancer. It turned out that with an increase in the consumption of processed meat products by 30 grams per day, the risk of developing stomach cancer increases by 15-38% [3]. According to scientists, an increased risk of cancer may be associated with the addition of nitrates to these products or exposure to toxic substances formed during smoking meat. Stomach cancer is quite common. According to statistics, it ranks fourth in prevalence among oncological diseases and second among the causes of death of cancer patients in the world.
- u) All methods of prevention should be coordinated with a naturopath - phytotherapist!

#### You can eat

- a) Honey 1-2 tablespoons per day.
- b) Vegetable oils olive, sunflower, corn, nut, sesame, soy. Do not fry vegetable oils, do not cook!
- c) Melted butter (preferably rustic) 15-20 g per day, including porridge, bread sandwiches, etc.
- d) Any single type of porridge, or a combination of them. Cook porridge in purified water without butter, without vegetable oil and other additives. When the porridge is completely cooked, you can add melted butter and a little honey to taste, or only vegetable oil. Porridge can be cooked as pilaf (say, with onions and carrots), as fruit pilaf (it is possible from dried fruits), as vegetable stews, as jelly from ground oatmeal, buckwheat, wheat, etc.
- e) Potatoes boiled in the peel or baked (with peel) in the oven are very limited. No more than 1-2 pcs. per day. By the way, red beets baked in the oven are much tastier, healthier and, importantly, they cook faster.
- f) Compotes from dried fruits. Pour boiling water over them overnight (after scalding them and washing them) - the compote is ready in the morning. Use fruits in porridge.
- g) Use the now-known "muesli" more often: oatmeal (and other cereal) flakes are slightly soaked in clean water (or you can also in carrot juice), when slightly swollen, add grated carrots, grated sour apples, nuts (or seeds) mashed into flour, a little honey, a little lemon or orange juice and eat for health 2-3 times a day, if you like (it's better as a salad before meals). Instead of flakes, it is better to use sprouted grains ground through a meat grinder.
- h) Boiled salads, vinaigrettes, vegetable stews from an unimaginably diverse amount of all its components: turnips, turnips, rutabagas, zucchini, pumpkin, carrots, beets, potatoes, cabbage, green peas, celery, parsnips, salad peppers, eggplants, zucchini, lettuce, scorzoner, jerusalem artichoke, green and yellow beans with leaves, spinach, chicory, leek, boiled corn, etc., etc. After stewing, add to taste: vegetable oil, tomatoes, green seasonings, lemon juice, soy sauce, white wine, garlic, etc.
- i) Raw salads made from the same assortment of vegetables (according to availability). You can eat grated carrots, raw (or baked) beets, cabbage, salad pepper (sweet), a lot of apples, dry powder of nettle leaves. Add lemon juice, vegetable oil or special mayonnaise.
- j) Special mayonnaise. Lightly dried in a frying pan forest or walnut (you can also grind a larger assortment, except peanuts) in a coffee grinder. Then, adding a little vegetable oil, lemon juice, grated garlic (you can add honey to taste), beat with a mixer until the consistency of sour cream. (Occasionally you can have one yolk from a rustic chicken). Store in the refrigerator for 2-3 days. Add to taste raw and boiled salads.
- k) Vegetable broths of an alkaline nature: zucchini, string beans (unripe), potatoes, celery, onions, Brussels sprouts, garlic. Drink decoctions instead of water.
- l) Vegetable, fruit freshly prepared juices, both separate and combined. In spring and summer, use dandelion and nettle juices more often, alfalfa, plantain and others mixed with vegetable or sour fruit juices.
- m) More raw fruits, vegetables, berries, citrus fruits according to the season in between meals or instead of eating (say, instead of lunch).
- n) No more than 50 g of nuts per day (between meals).
- o) Weekly, once a day boiled beans, peas, beans, soy, lentils.
- p) Daily include in the diet sprouted grains of wheat, alfalfa, beans, carrots, turnips, radishes. Add them little by little to raw vegetable salads.



q) It is better to use bread made from coarse flour and baked on hop sourdough, without thermophilic yeast or sour milk. Such bread should not contain salt, yeast, soda, sugar. You can add a little vegetable oil, honey, cumin. This bread does not cause fermentation, does not swell the stomach, is well absorbed.

r) Pay special attention to vitamins A and E. Genuine treatment, according to the firm conviction of a naturopath, means the elimination of the causes that led to the disease. Without violence and stimulation. This is always a difficult, troublesome, slow, and patient method.

### Necessary cleansing procedures

- a) Colon cleansing and elimination of constipation.
- b) Liver cleansing, at least 2-3 times in a row with a break of 1-2 weeks.
- c) Kidney cleansing.
- d) Purification of lymph.

Without these cleansing procedures, further work to eliminate the foundations of the disease will be ineffective or will be temporary. The human body is a complex mechanism, the organs and systems of which are closely interconnected. The organs of the gastrointestinal tract are the first to suffer from unfavorable food. Nausea, vomiting, heartburn, bloating, cutting pains, colic are often symptoms of incorrectly chosen food, as well as those associated with overeating or irregular nutrition. Diseases such as gastritis, colitis, pancreatitis, gastric ulcer and duodenal ulcer are very common, and in people of any age. Antibiotics protect only three times. In the middle of the twentieth century, antibiotics seemed like a fairy tale, but then it turned out that, like any fabulous weapon, they stop working at some point. The more actively we use antibiotics, the faster bacteria develop resistance to them. Unfortunately, the golden age without ulcers and gastritis, which Marshall and Warren started, is coming to an end for the same reason.

At the end of 2018, a review [4] was published, in which, according to the results of 178 studies in 65 countries, it was stated that in more than 15% of cases, helicobacteria have developed resistance to both basic antibiotics – clarithromycin and levofloxacin, and to metronidazole, which is an antibiotic of the last reserve (by the way, Marshall treated himself with it in his famous experiment). Why is it that not everyone gets sick with universal carrier? And in fact, why do almost 100% get sick with cholera, but helicobacter pylori cause painful changes not at all? In the same Nigeria or other African countries with almost 100% carrier of helicobacter infection, gastritis and peptic ulcer disease clearly do not determine the medical agenda. This means that a person has some natural protective mechanisms that prevent helicobacter pylori from bringing things to inflammation and even more so ulcers, which means antibiotics. And it is they who deserve the greatest interest.

## The opinions of patients

### Polina

There was a helicobacter in my life, and 2 types of antibiotics at the same time, and all sorts of omezes-ultopes-neo-zexts, and antispasmodics, and bismuth preparations - and none of this helped: the stomach ached and continued to ache. A little bit, literally for 10-15 minutes, Rennie helped. I bought it at the pharmacy so often that the pharmacist, seeing me, brought it without asking. About a year later, after hesitating, he said that no matter what they wrote in the instructions, Rennie and the like are addictive (even as they are - I don't know! after 3 months of taking the effect was enough not for 10-15 minutes, but for 5-7), listened to my story about the torment, and said that it probably wouldn't be worse, so why don't I try the gastropharm? In general, for the health of that pharmacist, it's just right for me to put candles in the temple - because yes, it helped!!! Only someone who has tried the whole pharmacopoeia, and to whom none of it has brought the slightest relief, can understand what a joy it is. I, God forbid, do not advertise and do not impose on anyone - I just share my personal experience, suddenly someone is suffering the same way I was suffering, and whose complaints doctors are throwing up their hands in confusion. By the way, when I told my gastroenterologist that I was taking this drug and that I was getting better, she just nodded her head, without comments. A neo-zext written out on a piece of paper with a corporate logo, of course, costs 10 times more, I understand everything, doctor.

### Victoria

After trying to treat Helicobacter with four antibiotics, terrible dyspepsia immediately went and the bitterness in the mouth was simply unbearable. I had to stop everything. I think I had helicobacter before, but I didn't have gastritis. Gastrointestinal problems from nerves and hormonal changes, it seems.

### Friend of Friends

I was at the doctor, she said that at the last conference they were told that helicobacter cannot be poisoned. Now Science looks at this problem in a different way.

## Prevention of Ulceration (erosion and ulcers) in the Stomach

### Risk Factors

- a) Men under 50 years of age (more often, urban population), duodenal localization of ulcers prevails over gastric (4:1), in young people (13:1).
- b) Pilots.
- c) Dispatchers.
- d) Conveyor workers, i.e., there is a close connection with psycho - emotional stress.
- e) Eating disorders.
- f) Alcohol and other bad habits.
- g) Drugs with ulcerogenic effect (NSAIDs, non-narcotic

analgesics, glucocorticoids).

- h) Helicobacter infection.
- i) Blood type 0 (1) – tendency to ulcer of the duodenum 12.
- j) Autoimmune factors (“unclassified status”).
- k) Immunodeficiency.
- l) Blood type A (11) – a tendency to stomach ulcers.
- m) loss of eyelashes with swelling of the eyelids is the first sign of a stomach ulcer or duodenal ulcer.
- n) Coca-Cola – long-term use. A positive factor. Strawberries help neutralize the negative effects caused by alcohol to the gastric mucosa [5].

### Primary Prevention

- a) Rhodiola rosea extract 5 drops before meals – 1 month.
- b) Sea buckthorn oil 40 drops in ½ cup 3 times a day before meals.
- c) Marshmallow root – 1 tbsp.l. per glass of boiling water, boil over low heat for 30 minutes, (broth) insist for 10 minutes and drink 2 tablespoons before meals 3 times a day.
- d) “Golden mustache” – do not overeat and do not drink – decoction between meals.
- e) Oatmeal broth before meals.
- f) Bananas on an empty stomach.
- g) Fasting for 7-14 days, but only if patients have hypersecretion of gastric juice, with hypo-secretion-there will be no effect.
- h) Spring water + pine buds + yarrow + chaga, then aloe and honey
- i) Erect lapchatka (kalgan).
- j) Cream - 14 days correction course.
- k) Homemade cottage cheese (in boiling milk + kefir + 1 tbsp. l. 5% calcium chloride), remove and strain, with the course of correction - do not drink anything, cottage cheese can be eaten

with sugar or honey, milk and bread excluded! At night - a glass of warm water with honey! Honey should be taken 1 - 1.5 hours before meals, or 3 hours after meals.

l) Derinat (domestic immunomodulator) - parenterally after 24 hours - 3-5 intramuscular injections. It can be prescribed for helicobacter infection.

### Conclusion

The body puts forward its defense system (mucus production, bicarbonate secretion, hydrogen ions, prostaglandins), and the neuroendocrine system works (sympatho-adrenal, hypothalamus – pituitary - peripheral endocrine glands, gastrointestinal hormones - they stimulate (gastrin, bombesin) or inhibit (somatostatin, secretin, vasoactive intestinal peptide) HCL production, excite (secretin, substance P), or suppress (somatostatin, neurotensin) active secretion of pancreatic bicarbonates, control the motor function of the gastrointestinal tract (motilin), increase the production of gastric mucus (somatostatin, bombesin), enhance blood flow and regenerative processes in the gastric mucosa (gastrin). As you can see, there are very, very many methods of treatment! Choose, try, get treated! After all, everyone has their own remedy and you never need to despair, even if, in your opinion, the disease has gone “too far”. Do not forget that many human diseases arise on the basis of “poorly functioning intestines” and by eliminating one problem, we get rid of many others.

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DOI: [10.32474/CTGH.2023.04.000185](https://doi.org/10.32474/CTGH.2023.04.000185)



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